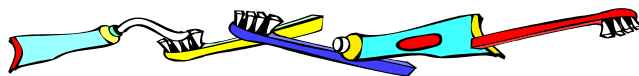


## October is National Dental Hygiene Month

### Ask Your Dental Hygienist about Nutrition and Oral Health

American Dental Hygienists' Association (ADHA)



#### Daily Care

Brushing after every meal removes plaque that forms on your teeth. Gently brush your teeth in circular and back and forth strokes. Use a soft-bristle brush and fluoride toothpaste. If you have limited shoulder or hand movement due to arthritis or other disorders, battery operated toothbrushes can be helpful. See your dentist for suggestions.



#### Flossing

Dental floss used every day removes the plaque between your teeth where your toothbrush can't reach.



#### Denture Care

Full or partial dentures require the same care as teeth. Plaque can cause bad breath, staining and gum irritation. Every day, brush all surfaces of your dentures with a denture care product. At night, soak your dentures in water or a denture cleansing liquid. Rinsing with warm saltwater solution in the morning, at bedtime, and after meals is also helpful. It is important to have your dentures checked once a year for proper fit and wear.

#### Tooth Decay and Gum Disease

Gums that aren't brushed and flossed can easily become diseased. Gum disease is caused by a buildup of plaque around the teeth. Some medications may cause dry mouth and reduce saliva, which can lead to tooth decay. Saliva-substitute mouthwashes are available in prescription form. See your dentist.

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#### Eating Right to Prevent Gum Disease

Did you know that good nutrition has an impact on your body's immune system? And, your immune system helps in maintaining healthy gums? Gum disease affects about 75% of American adults and is a primary cause of tooth loss. Gum disease has also been linked to heart disease, diabetes, respiratory ailments, and premature, low birth-weight babies.

**What you eat**—Any food that contains carbohydrate—pasta, bread, rice, chips, fruit, milk, cake, cookies, and candy—can “feed” the bacteria in plaque. Foods that stick to your teeth continue their harmful action long after you stop eating or drinking. These can include sweetened chewing gum, raisins, and other dried fruits. Also, some candies and starchy foods like breads, cereals, or chips can stick between your teeth or in the pits of your molars.



Foods like cheese, peanuts, lean protein, sugar-free chewing gum, and high-fiber fruits and vegetables may help protect your teeth from decay. They increase saliva, lowering acid levels, and clean your teeth of food particles while chewing.

#### Tips

Choose an eating plan that provides variety and balance. Good nutrition will help to build and maintain healthy gum tissue. Too little of certain nutrients, such as vitamin C, folic acid, and zinc, may weaken your gums' ability to fight bacteria.



Have regular oral health checkups.

Drink water throughout the day to help reduce plaque buildup and food from sticking to your teeth.

## Terrific Tuna Roll Ups

Makes 4 servings

- ¼ cup mayonnaise, reduced fat
- 1 ½ tbsp mustard, spicy
- 2 cans tuna (7oz), drained
- ½ cup water chestnuts, drained, chopped
- ½ cup green onions, thinly sliced
- ⅓ cup pimentos, chopped
- 4 flour tortillas, 8-inch
- 2 ½ cups shredded romaine lettuce

1. Blend the mayonnaise and mustard in a mixing bowl.
2. Stir in the tuna, water chestnuts, green onions, and pimentos.
3. Divide the tuna mixture among the tortillas, spreading to within 1 inch of the edges.
4. Cover each tortilla with about ½ cup lettuce.
5. Roll each up tightly like a jellyroll.
6. Cut in half diagonally and serve immediately.

### Nutrition Information:

Calories	302	Kcal	Chol.	31	mg
T. Fat	5.5	g	CHO	41.5	g
Sat. Fat	1.3	g	Fiber	3.3	g
Sodium	823	mg	Protein	48	g
Sugar	4	g	Calcium	99	mg
Vit A	148	RAE			
Vit C	38	mg			
Iron	4	mg			



## Sweet Potatoes in Applesauce/USDA

Makes 4 Servings

- 1 (15.5-oz.) can sweet potatoes, drained
- ¼ tsp salt
- 1 cup applesauce
- ¼ cup brown sugar; firmly packed
- 1 Tbsp butter or margarine
- ¼ tsp nutmeg



1. Preheat oven to 375°F.
2. Place sweet potatoes in a 1-quart casserole.
3. Sprinkle with salt. Spoon applesauce over potatoes. Sprinkle with brown sugar; dot with butter or margarine. Sprinkle with nutmeg.
4. Bake for 30-35 minutes.

### Nutrition Information:

Calories	230	Kcal	Chol.	0	mg
T. Fat	3.5	g	CHO	49	g
Sat. Fat	.5	g	Fiber	4	g
Sodium	230	mg	Protein	2	g
Sugar	36	g	Calcium	30	mg
Vit A	815	RAE			
Vit C	13	mg			
Iron	1	mg			

## Three-Bean Casserole

- 1 lb. Lean beef (ground beef or canned beef, rinsed)
- 1 medium onion, chopped
- 1- ½ cups chopped celery
- 1 (15 oz.) can cut green beans, drained
- 1 (15 oz.) can lima beans, drained
- 1 (15 oz.) can chili-style beans in chili gravy
- ½ cup brown sugar
- ½ - ¾ cup ketchup (or barbecue sauce or chili sauce)
- 1-2 Tbsp Cider or white vinegar
- 1 tsp dry or cream mustard

Brown beef and onion in a 3-quart saucepan or skillet. Drain fat. Stir in remaining ingredients. Spoon into 2-quart casserole. Cover and bake in preheated 325°F oven 55-60 minutes. Makes 8 servings.

Calories	284	Kcal	CHO	37	g
T. Fat	8.7	g	Fiber	5	g
Sat. Fat	3.6	g	Protein	15.5	g
Sodium	952	mg	Calcium	58.5	mg
Iron	3	mg			